

# Pelvic Floor Health



## Biofeedback-Assisted Pelvic Muscle Exercises to Treat Incontinence

**“Biofeedback-Assisted Muscle Exercises help Strengthen Pelvic Muscles to Treat Incontinence”**



**Pelvic Floor Muscle Exercises** are an important component in preparing you to deal with incontinence. The goal is to strengthen your muscles to help return you to continence.

Pelvic floor exercises, also called Kegel exercises, have demonstrated positive results in studies of patients with stress and urge incontinence. These exercises help to strengthen the muscles at your bladder or rectal sphincter. As in any exercise program, they require your voluntary participation and commitment. Through regular practice, you can strengthen and build endurance to help improve, regain or maintain bladder and bowel control.

**Pelvic Floor Muscles (PFM)** are located between your pubic bone and tailbone in the base of your pelvis.

These muscles provide:

1. support for abdominal and pelvic contents.
2. Control over bowel and bladder function.
3. Support in sexual response.

Like other muscles in the body, if they weaken, they can't function properly.

## How to Find the Correct Muscles

There are many muscles in the area around the pelvic area. The pelvic floor muscles are those that allow you to suppress urine flow or gas. Squeeze and lift the rectal area – but be cautious not to tighten the abdominal muscles or buttocks. You can also identify these muscles by starting and then stopping the urine stream; however, you should not use this exercise for strength training.

## Biofeedback to Strengthen PFM

Pelvic floor muscle exercises performed with biofeedback equipment has demonstrated clinical efficacy in treating incontinence, since it is able to isolate and provide very sensitive feedback of your effort.

Exercise performed without biofeedback can lead to inadvertent tensing of other muscles, such as the abdominal buttocks muscles, leading to fatigue and pressure on the bladder. In addition, biofeedback provides motivation and ongoing reward information and helps to motivate you to continue and enhance your practice.

A small vaginal or rectal sensor is easily self-inserted where it detects changes in muscle tension and transmits this information to the U-Control home trainer or to the MyoTrac-Infiniti clinical unit.



## Typical Exercise Routine

The U-Control training manual indicates how to set up and use the sensor and device. Always follow your Clinician's orders if different from the following:

1. Set the tense/relax setting to 10 secs.
2. Lie on your back with your legs supported on a pillow with your feet rotated outwards at approximately 90 degrees from each other.
3. Lift your Pelvic Floor Muscles (PFM) strongly and set the threshold dial to about 75% of the maximum reading.
4. Work light On: Lift your PFM's, breathe in and hold your breath
5. Always try to keep your abdominal, buttocks and leg muscles relaxed during the exercises Rest light On: Breathe out and release your muscles.
6. Do 10 second work, 10 sec rest cycles for 20 minutes (60 repetitions) 2x/day. Expect to feel sweaty and out of breath.
7. The goal is to achieve a combination of quickly tensing, strengthening and sustaining 25-75% maximum voluntary contractions.
8. As you gain strength, gradually increase the threshold level.



**For More Information on  
Biofeedback for PFM, contact:**

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